

PROGRAM OVERVIEW: SACRED ROLES, GLOBAL OBJECTIVES OF CONSCIOUS DYING COACHING

BY TARRON ESTES

Course 1 Reading Assignment



Program Overview

Imagine being a part of the evolution of human consciousness by offering conscious care at end of life. Imagine being a part of a new praxis of end-of-life education that includes the inner awakening of caring professionals, patients, and families.

Imagine being a part of the courageous movement, a new end-of-life "Careforce" that redefines the Hippocratic Oath of "Do No Harm" to "Create Care and Healing for All."

This program synthesizes two of the country's leading health care innovations, Unitary Caring Science Theory and Conscious Dying Education. It transforms patient and family care before, during, and after death by increasing the caring consciousness of caregivers.

Our new *B3M: Conscious Dying Coach Certificate* draws from philosophy, ethics, values, and teachings of Caring Science as Sacred Science and Conscious Dying Healing Care Principles and Practices. The program renews the purpose and art of care-giving as a Spiritual Practice, increasing connection to our heart's call to serve humanity before, during, and nearing end of life.

By going through this program participants may for the first time encounter deeper aspects of themselves that expand their self-awareness and help them identify their own hopes, beliefs and desires regarding end of life preparing them to walk this path with others.

It may function to remind them of their inter-connectedness to all life, their true nature and therefore the implications of their presence and practice with those they serve. They may feel their personal losses, grief, and the need to forgive and be forgiven for the first time and see the possibility for their own transformation and healing.

In participating in this program, students engage in new praxis of holistic end of life education in 5 domains of life and restore death to its sacred place in the beauty, mystery, and celebration of life. Graduates create a new "careforce" of B3M: Conscious Dying Coaches whose caring healing presence and inner transformation awaken human consciousness as they support patients and families to experience the care and healing they want and need most during the ending of life.

The program includes a 3-month practicum: "Best Three Months: Conscious Dying Coaching and Care Planning" process. This end-of-life education, engagement, and life-fulfillment process utilizes 5 domains of life inquiry into what you would value and prioritize if you only have 3 months to live. The program is for anyone wishing to educate the public and/or serve families and patients during this powerful healing portal surrounding death.

The program focuses caring practices on the powerful and subtle energetic portals of healing available to all attending nearing death. This focus on availability of life energy-the unitary field of consciousness, and intimate human-to-human connection via the immediate environment. It increases our inherent healing abilities and enables all care providers to become stronger in their personal presence as agents of healing and stewards in the art of surrender and letting go. It allows all involved to reconnect with Death as a transformative sacred passage and powerful portal in the sacred circle of life. It may increase healing care practices, shift and support the use of curative medical technical practices, and increase love care and healing for all.

Through **multiple ways of knowing**: dialogue, reflective, aesthetic, experiential, and imaginal activities, participants explore their own relationship to death as an active part of life. We explore and deepen the ground of our being, our authentic caring healing presence and become agents of change in the evolution of human consciousness. We include a basic view of Caring Science Theory including 10 Caritas Processes and the Unitary World View. We will explore Conscious Dying Education's principles and practices including the 10 Conscious Dying Principles, the Subtle Energy Realms, Practices for Death, Forgiveness, and Conscious Communication.

Through dialogue with others and deep inquiry into our own beliefs and values, we make this work our own. This type of exploration allows for the **independent investigation of truth**, expanding our own views of life and death and our ability to hold the views, opinions, and beliefs of others. It teaches us to become more intimate with the challenges and grace in life of those nearing death. We learn to face our own fears and understand the importance of grieving our own losses.

Together we create a personal, intimate understanding Caring Science and Conscious Dying Theory and Practice.

Immersion in this programs deepens understanding and embodiment of Unitary Field of Caring Science Theory, the transformational portal and emergent Subtle Energies, 4 Caring Science Outcomes, the 4 C's of Conscious Dying, Caritas Processes, and Conscious Dying Principles and Practices.

It establishes the students' experience of self as healing instrument in order to move from curative to healing care and be with the vulnerable turbulent waters and healing potential during life transitions. It prepares students to increase conversations about end of life desires wishes for self and others.

Sacred Definitions, Benefits, Outcomes of the Conscious Dying Coach (CDC) Certificate Program

Description of a Conscious Dying Coach (CDC):

A CDC is a knowledgeable, experienced, reflective human being whose presence, purpose and depth of being are grounded in love, spiritual openness, compassion, and a unitary field of consciousness. A CDC is one who can skillfully practice the qualities listed above as an end-of-life companion for all people regardless of health status in any home or health care setting.

A CDC is prepared and committed to personal transformation and healing in all domains of life: spiritual, emotional, psychological, practical and physical. A CDC has developed personal and other Vision Maps for *Best Three Months of Life* – a care-planning tool for the last 3 months in all domains of life. Developing this tool increases their self-knowledge, self-healing, conversational confidence and ability to bring care and healing to others.

Purpose of the Conscious Dying Institute and CDC:

The purpose of the Conscious Dying Institute is to create caring healing cultures of CDCs throughout North America who restore the experience of death to its sacred place in the beauty, mystery and celebration of life: to create care, healing and love for staff, families, patients, health care providers, institutions and society; to increase the number of patients and families receiving the comforting, non-medical holistic care they want and need according to their desires and wishes; to increase awareness and support for conscious deaths; and to contribute to the evolution of human consciousness. A CDC will learn coaching skills and communication practices to create life fulfillment plans. Coaches support those at end of life, their families, and their care team, in all care settings.

Personal Focus for CDCs:

The focus of a Conscious Dying Coach is to exemplify authentic presence; utilize conscious communication practices; read and respond to the energetic field of those they serve; and provide tenderness, wide open acceptance and loving response during the time of vulnerable life transitions. They have been trained in a powerful coaching model with a focus on end of life, to facilitate creating a vision of the best life possible and reaching a realistic end of life. As such they are able to confidently, honestly, gracefully communicate with patients and families so that difficult end-of-life conversations are brought to light and their concerns and desires are attended to. A CDC understands and supports the fulfillment of end-of-life dreams and wishes -- their utmost life priorities -- so that people receive the care they want and need most.

CDC Situation:

A CDC situation is one in which the 'coach' uses Transformational Conscious Dying Principles and Practices, Caritas Processes, Conscious Communication Practices, and the *B3M Vision Map* framework in any home or health care situation and setting to care for self and others at end of life. This transformative process benefits all who take part in re-patterning and elevating human consciousness, restoring dignity and wholeness during end-of-life passages that reach back to ancestors and forward to future generations.

Benefits of Conscious Dying Education via the Conscious Dying Coach Certificate

Organizational/Institutional Benefits

CDCs foster open, compassionate, and respectful interaction combined with an evidence-based comfort care initiative yielding a positive increase in the measures that drive patient satisfaction, quality of life, patient care experience, caregiver satisfaction, and overall hospital ratings. This program may benefit clinical, non-clinical staff and systems in the following ways:

- Increase number of patients receiving timely information about hospice care by virtue of CDC knowledge of hospice value and support.
- Increase comforting holistic care whether or not receiving medical, hospice, and curative care.
- Increase staff, family, patient and resident comfort, care and life satisfaction.
- Increase quality of life before, nearing, during and after death in all home and health care settings.
- Increase number of patients and families identifying and receiving what matters most before they die.
- Increase the use of conscious communication practices and confident conversations about the dying process.

Clinician Benefits

Shares Knowledge/Builds Caring Culture and Caring Relationships

Graduates of Conscious Dying Education Programs play a key role in helping to transform self and systems through their ability to translate and sustain the heritage, ethic, philosophy, theory and science of human caring and conscious dying into concrete day to day caring-healing practices. Conscious Dying Institute graduates work alongside members of the trans-disciplinary teams in home or health care settings.

Gains Confidence in Being with Dying

Conscious Dying Education (CDE) allows coaches and caregivers to approach dying as a natural transition and non-medical sacred life passage. As bedside nurses and home caregivers increase their ability to talk openly with patients and families about their end of life wishes and choices, nursing practice shifts its focus from “Curative Medicalized Care” (sometimes referred to as “Futile Care”) to healing care and a high quality of life chosen by the patient. This shift from curing to healing improves the care experience, supporting all dimensions of life. CDI graduates learn to give spiritual and emotional care needed for dying patients to transition with grace toward the vision inherent in their own cultural values, spiritual beliefs and practices.

Restores Meaning and Purpose of Caring

As a Spiritual Practice, Conscious Dying Education’s restorative, self-nurturing comfort care elements provided throughout the program give caregivers the opportunity to engage in self-reflective experiential activities regarding their own life and death. This self-reflection decreases the gap between current unhealthy life situations and their vision for good life and death. Perhaps for the first time over years of giving care, nurses and other caregivers may release grief and emotions of the patients that have died in their care. This may increase empathy for patients, reducing burnout, stress and emotional fatigue in Nursing and Caregiver practices. Participants in the CDC Certificate Program may feel more useful in their job and more confident about their future in attending to the care and healing of dying patients and their families at bedside.

Patients Benefits

Improved Nurse/Patient and Coach/Client Communication and Experience of Care

There is a very high correlation between the nursing items on patient satisfaction surveys (CAHPS Survey /HCAHPS) pointing to the quality of communication between nurse/caregiver and the patient's overall satisfaction with their healthcare experience. This program's experiential format and its core training in authentic caring communication leads to positive nurse-patient communication and therefore patients' experience of care. Results from other sources also suggest that nursing staff can feel better about their job and about their patients as they enhance their communication skills in being with death and dying.

Personal and Professional Outcome of a CDC

The program renews the purpose and art of service at end of life as a Spiritual Practice. Being based in the ethics, values of human caring that are translated into caring healing practices for individuals, teams, residents, patients, and healing environments allows diverse staff and care providers to experience their heart's purpose and call to serve humanity focused at the time of before, during, and nearing end of life.

By going through this program, nurses may for the first time encounter deeper aspects of themselves that expand their self-awareness and help them identify their own hopes, beliefs and desires regarding end of life. It may function to remind them of their interconnectedness to all life, their true nature and therefore the implications of their presence and practice with those they serve. They may feel their personal losses, grief, and the need to forgive and be forgiven for the first time and see the possibility for their own transformation and healing.

The program re-focuses nurse practices on the powerful and subtle energetic portals of healing available to all attending nearing death. This focus on availability of life energy and intimate human to human connection via the immediate environment and their inherent healing ability enables nurses and all care providers to become stronger in their personal presence as agents of healing and stewards in the art of surrender and letting go. It allows all involved to reconnect with Death as a transformative sacred passage and powerful portal in the circle of life. It may change primary care practice at end of life.

Course Description of the Conscious Dying Coach Program

The CDC Certificate Program offered through the Conscious Dying Institute is a unique end-of-life education program. It is structured as an experiential, aesthetic, and intellectual journey and designed to prepare medical and non-medical caregivers, clinicians, educators, leaders and families with knowledge, experience, and informed practices of Conscious Dying Principles and Practices and the Theory of Human Caring and Caring Science. Through this program, participants learn how to synthesize, integrate, and translate the philosophy, values, ethic and theory of Conscious Dying into authentic ways-of-being with self and others. A combination of innovative teaching-learning methodologies, self-reflection, authentic dialogue, 'teachings' and wisdom traditions are explored to assist the participants in living out heart-centered-sacred relation-modeling practices for self, other and systems. The online course includes a unique 8-week virtual practicum where participants experience the practical application of content covered in the first part of the online course, assisted by the support and guidance of faculty and mentors. Individual personal/professional life goals are honored through the collective journey of the CDC learning experience.

Purpose of the CDC Certificate Program

The purpose of the project is to educate caregivers in end of life care, self-care, reflection, and a proven coaching model that increases caring literacy and enhances life.

This end-of-life caring literacy program is *non-proscriptive*. Students translate and incorporate skills and learning according to their own unique gifts and healing abilities. A basic premise of the program is that by transforming our own lives we stand in open awareness, compassion, and availability to support humanity to have a sacred death inside their own unique ethics and values. This program assumes that we learn everything we need to know as we grow in our own capacity to be fully present with people who are dying.

It invites us to explore our hopes and fears about dying in advance of the on-set of death. Exploring our relationship to death may increase self-knowledge. It may break down barriers between ourselves and others when we most need comfort, communion, trust and safety. When we explore our feelings and thoughts about death, we learn more about our lives now. We come in direct contact with our spiritual beliefs, our life's purpose, our unfinished business, what our bodies need or want, how we influence and are influenced by our environment and our relationships. We build a foundation of confidence upon which we may then talk about life and death with others.

By becoming confident in our ability to talk about death, we may have more influence on how we live and how we die. We might reduce harsh, costly interventions that threaten what we value most. We may reduce emotional and financial stress of our families, health care systems and nation. We might place our awareness and attention on our loved ones or on our spiritual life vs. living at any cost. We may be more available to life's blessings, mysteries, miracles and unexplainable events.

Teaching Methodology

This course has been designed using the principles of adult learning. Online learning takes place with reflective reading and writing, group discussion, and multiple live Zoom videoconference sessions. These Zoom sessions include large group discussion, breakout sessions of small groups, experiential practices, and brief reviews of course content. A supportive syllabus includes information for referencing after the course. Attendees will have an active role in discussion as well as opportunity to ask questions and share experiences.

Intended Audience: This continuing education activity is intended for nurses, caregivers, families, clergy and healing arts professionals who are called to serve at end of life.

End of Program Objectives: The CDC Certification is the preparation we need to befriend life and death, surrender and trust deeply in each moment, and become supportive end-of-life companions. For health care professionals, we expand from expertise in clinical practices to offer comforting care people want and need most.

Global Objectives: A CDC will be able to activate some or all:

- Facilitate care planning and vision mapping 5 domains of life: Spiritual, Emotional, Physical, Mental and Practical arrangements that relate to the family and patient's end-of-life priorities and wishes.
- Create caring healing environments and caring healing relationships that nurture self and others.
- Create caring communication and conversational confidence with staff, residents, patients and families that illuminate and identify care choices at end of life.
- Apply increased self-care through daily practices that promote physical, emotional and spiritual well-being.
- Define what conscious dying means to you, patients, and families.
- Participate in authentic dialogue and action with colleagues and the larger world as a process of transforming health care systems into caring-healing systems.